



Nobel Recreation Center

Winter Program

2023 -2024

EFFECTIVE December 1 through February 29, 2024
REGISTRATION begins Saturday Nov. 18, 2023 at 10a.m.

RECREATION CENTER INFORMATION

MISSION

"To provide healthy, sustainable, and enriching environments for all.

PARK STAFF

Area Manager II _____ Jose (Jay) Villanueva
Recreation Center Director III _____ Nicole Otjens
Assistant Center Director _____ Jennifer Walsten
Recreation Leader I _____ Lisa Daleo
Recreation Leader I _____ Lawrence Levy
Recreation Aide _____ Dustin Bobo
Ground Maintenance Worker II _____ George Espinosa
Ground Maintenance Worker II _____ Ronell Green
Ground Maintenance Worker II _____ Isaac Iniguez

HOURS OF OPERATION

Monday 10:00 a.m. - 9:00 p.m.
Tuesday 10:00 a.m. - 9:00 p.m.
Wednesday 10:00 a.m. - 9:00 p.m.
Thursday 10:00 a.m. - 9:00 p.m.
Friday 10:00 a.m. - 7:00 p.m.
Saturday 9:00 a.m. - 4:00 p.m.
Sunday Closed



HOLIDAY CLOSURES

November 23 & 24, 2023 Thanksgiving Day (City Observed)
December 24 & 25, 2023 Winter Holiday (City Observed)
Dec. 31, 2023 & Jan 1, 2024 New Years Day (City Observed)
Monday, Jan. 15, 2024 MLK Day (City Observed)
Monday, Feb. 19, 2024 Presidents Day (City Observed)

FACILITIES

Nobel Community Park and Recreation Center is a City of San Diego Parks and Recreation Department facility that is free and open to the public during designated hours. Facilities include:

- Indoor badminton/pickleball/ volleyball/basketball
- Picnic shelters available for paid rental reservations pending availability
- A Large Playground
- Barbeques
- Outdoor Basketball Courts

PARK RULES

- No Golfing
- No Glass Containers
- No Littering
- No Smoking
- Dogs must be on a leash
- No open campfires
- No overnight camping or parking
- No Balloons (all types) at all outdoor areas No Pinatas



PARK USE INFORMATION

For park use and reservations for the facilities listed but not limited to, sports field use, picnic areas, and special events, the Nobel Recreation Center can be contacted at (858) 552-1626. Events with 50 or more people MUST be permitted by the Center Director.

PERMIT REQUESTS

For park use and reservations for the facilities listed but not limited to, sports field use, picnic areas, and special events, the Nobel Recreation Center can be contacted at (858) 552-1626. Events with 50 or more people MUST be permitted by the Center Director. Nicole Otjens at notjens@saniego.gov or Assistant Center Director Jennifer Walsten at jwalsten@saniego.gov you can call (858) 552-1626 to check our Availability.

COMMUNITY RECREATION ADVISORY GROUP

This advisory board is a body of concerned citizens who volunteer their time to advise City staff on park and recreation matters. The Nobel Advisory Group meets the second Wednesday of every month at 6:30 p.m. at the Nobel Recreation Center. All area groups and clubs using the facilities are encouraged to have a representative on the advisory board and attend meetings regularly. Meetings are open to the public and membership is welcome. More information is available from the Center Director at (858) 552-1626.

VOLUNTEER OPPORTUNITIES

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information or visit:

<http://www.sandiego.gov/volunteer-program/>
or contact the Volunteer Office at (619) 533-4017.

AED (AUTOMATIC EXTERNAL DEFIBRILLATOR)

An AED is located inside the recreation center lobby



San Diego Project Heart Beat
Public Access Defibrillation

BOOK NOOK

Reading is Recreation!

BOOK NOOK is a "take a book, leave a book" gathering place where you can share your favorite literature and stories. If you really like a book, you can keep it and then donate a different book to share. If you are looking for something new to read, the Book Nook is the perfect place for children and adults. If you would like to donate to the Book Nook, please leave any books with Nobel Staff or at the front desk.

INDIVIDUALS WITH SPECIAL NEEDS

All classes can accommodate people with special needs. Therapeutic Recreation Services staff will provide additional assistance along with Nobel Recreation Center staff. For further information, please inquire at the center office or contact Therapeutic Services at (619) 525-8247.

OPEN GYM PLAY

The gymnasium is open to the public for scheduled activities. See lobby for calendar of scheduled activities:

Badminton Basketball Volleyball Pickleball

TABLE TENNIS

Table Tennis is open to the public when the room is not in use. Please see staff for available times.

AgeWell

The mission of AgeWell Services (AWS) is to facilitate social interaction and recreation, improve overall health and wellness, promote lifelong learning, and encourage creative expression and for adults who are 55 and better. AWS serves as a community focal point on aging by enabling older adults to come together for services and activities that enhance their dignity, support their independence and encourage their involvement in and with the community. In addition, AWS offers a wide range of programs including fitness, recreation, nutrition, education, volunteer activities designed to enhance social participation and promote health and wellbeing. For more information go to our website at <https://www.sandiego.gov/park-and-recreation/activities/agewellservices>. You can enroll to receive our quarterly Scroll newsletter by emailing thescroll@saniego.gov or call our office at 619-625-8247.

RECREATION CENTER INFORMATION

REGISTRATION INFORMATION

Log on: www.SDRecConnect.com

Registration Begins:

Saturday, November 18, 2023 at 10:00 a.m.

- Only a parent or legal guardian can register participants under the age of 18 years.
- Cash or paper check is not accepted for registration.
- Acceptable payment methods (on-line and in-person) include:
 - *Electronic check - proper ID with proof of checking account (blank or voided check) required
 - *Credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only).
- A **\$25.00 fee will be charged for declined electronic checks**. All customers must verify that bank routing and account numbers are entered correctly.
- All fees must be paid in full prior to attending the first class.
- Classes not meeting the minimum number of students may be cancelled.

PROCESSING FEES ARE INCLUDED

All registration and reservation fees include a non-refundable 3.56% processing fee.

**For more information, refer to the complete Recreational Programs Refund and Transfer Policy attached to all receipts.*

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

Recreational Programs Refund and Transfer Policy:

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form (COM-6), in person at the facility where the program occurs. Civic Dance refund request shall be referred to the Civic Dance program office at 619-235-5255. Refunds will be processed in accordance with the following policy:

1) Refund Policy Exclusions:

- Three percent (3.56%) processing fee will be deducted from all refunds
- No refund or transfer for non-attendance at any class
- No credits to account
- No refunds for costumes or equipment
- Activity fees less than \$10.00 will not be refunded

2) Classes: Refund is based on the date that the written application is submitted.

- 96.5% refund – 3 or more calendar days prior to the first day of the class

- 75% refund - less than 3 calendar days prior to the first day of class
- No refund for requests submitted more than 24 hours after the first day of class

3) Camps: Refund is based on the date that the written application is submitted.

- 96.5% refund - 10 or more calendar days prior to the first day of camp
- 50% refund – less than 10 calendar days prior to the first day of camp
- No refund or transfer for requests less than 48 hours prior to the first day of camp

4) Leagues: Refund is based on the date that the written application is submitted.

- 96.5% refund - 10 or more calendar days prior to the first scheduled game
- 50% refund – less than 10 calendar days prior to the first scheduled game.
- No refund or transfer for requests after the first scheduled game.

5) Swimming Lessons: No refunds unless swimming lessons are cancelled by City staff. Transfer to another class may be permitted by the Pool Manager, at their sole discretion. No refunds for emergency closures due to pool contamination.

6) One-day Activity/Field Trips: Refund is based on the date that the written application is submitted.

- 96.5% refund - 20 or more calendar days prior to the Activity or Field Trip
- No refund for requests submitted less than 20 calendar days prior to the Activity or Field Trip.

To Submit a Request for Refund:

1. Contact the Recreation Center Director or Pool Manager to obtain the Application for Miscellaneous Refund Form (COM-6).
2. Complete the Application for Miscellaneous Refund Form (COM-6) and submit it with the original receipt to the Recreation Center Director or Pool Manager. The customer must include a detailed description of the reason for the cancellation.
3. Electronic check payment (ECP) transactions are payable by check to the person/agency that issued the original payment. The customer must provide a legible correct mailing address. The refund check will be issued approximately 6 to 8 weeks after the refund form is submitted. **Customer will be subject to a fee of \$25.00 for any items that are returned from bank (i.e. non-sufficient funds, stop payment, incorrect account number, etc.)**
4. Credit card transactions will be refunded to original credit card in approximately 6 to 8 weeks after the refund form is submitted.

I have read the above Recreational Programs Refund and Transfer Policy, and if I must cancel the agreement, I will abide with the above procedures.

YOUTH PROGRAMS

ART CLASS—PEE WEE ECO ART

Ages: 2 - 5 year

Minimum: 3 Maximum: 15

Parents have fun with their children in this exciting eco-friendly art class, where recycling every day materials can become an engaging and creative learning experience.

Tuesday 10:30 - 11:15 a.m.

Cost: \$21.00/ session

Nobel Recreation Staff

January 2nd, 9th, 16th & 23rd Feb. 6th, 13th, 20th & 27th

[110893]

4 classes \$21.00

[110894]

4 classes \$21.00

ART CLASS—PAINT WITH ME

Ages: 2 - 5 years

Minimum: 3 Maximum: 15

Children will develop their creativity and imagination in this painting class. Art materials are provided in this class and aprons are available for everyone. Bring your smile and creativity!

Wednesday 10:30 - 11:15 a.m.

Cost: \$ 21/ session

Nobel Recreation Staff

January 3rd, 10th, 17th & 24th Feb. 7th, 14th, 21st & 28th

[110895]

4 classes \$21.00

[110896]

4 classes \$21.00

SPORTS -PEE WEE SPORTS

Ages: 2.5 - 5 year

Minimum: 3 Maximum: 15

Children will develop basic motor skills while being introduced to all types of different sports

Wednesday 2:00-2:45 p.m.

Cost: \$21.00/ session

Nobel Recreation Staff

January 3rd, 10th, 17th & 24th Feb. 7th, 14th, 21st & 28th

[110898]

4 classes \$21.00

[110900]

4 classes \$21.00



ART CLASS—ARTISTS STUDIO:

Ages: 5-12

Minimum: 5

Maximum: 10

January 17 thru February 14 (5 weeks)

Wednesday: 4:00 pm-5:00pm

Registration Code: 110902

Fee: \$158

Children are by nature creative and my job is simply to encourage the natural interest and curiosity that kids display. In this fun and creative, themed art class, will ignite their imagination, develop concentration, build confidence, develop skills and have fun. Using real artists materials including water-colors, tempera paints, oil pastels, children create masterpieces that are truly unique.

(Art material included in cost)

Leader: Anu Gujral (Artist)

Basketball IQ Academy

Ages: 8- 12 years

Minimum: 4 Maximum: 12

Join us at the Basketball IQ Academy, where you'll receive top-notch training to elevate your game and life skills. Don't miss out on our 1-hour group and individual sessions, covering all aspects of basketball fundamentals, basketball IQ, physical conditioning, and skills development. Plus, gain invaluable qualities like confidence, leadership, and teamwork that extend beyond the court. Coach Serge, a licensed USA Basketball Coach and former Pro Player, brings 15+ years of experience to the table.

Tuesday 3:30 - 4:30 pm.

Cost: \$107.00 Per session

Staff Coach Serge

December 5th - January 16th

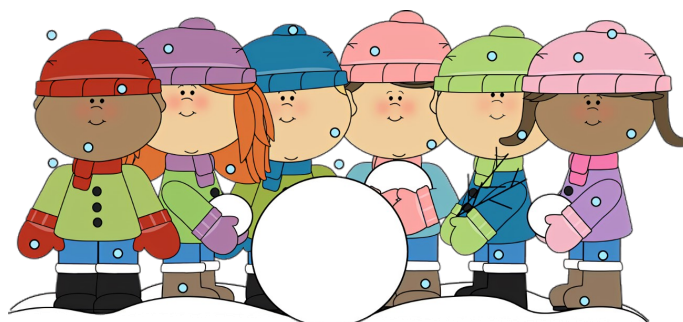
January 23d - February 13th

February 20th - March 12th

[110906]

[110907]

[110908]



DANCE to EvOLvE

INDOOR CHILDREN'S DANCE CLASSES WITH

Dance To EvOLvE

Get your child moving and socializing again in a fun and safe dance class with Dance To EvOLvE! Specializing in children's tap, ballet and hip hop classes for 13+ years.



DANCE CLASS - MAGICAL MUNCHKINS TAP & BALLET

Ages: 2 - 3 years Minimum: 6 Maximum: 12

This gentle intro class including tap, ballet and dance games is energetic, expressive, and fun. It will have your magical dancer learning dance basics in an age appropriate way. Classes start with tap and then transition into ballet each week. This class is a perfect transition between YOU & me and the Tiny Movers dance class for both boys and girls. Parent (or caregivers) presence required as parents participate as needed. Please save snacks for before or after class for a successful and safe learning environment. Dancers must be at least 24 months prior to the session starting.

Saturdays 9:15 a.m. - 9:55 a.m.

7Weeks \$136

Dance to EvOLvE Staff

Session 1

January 13th - February 24, 2024

[110909]

Session 2

March 2 - April 13, 2024

[110910]

Registration Begins: 2/10/24



DANCE CLASS - TINY MOVERS TAP & BALLET

Ages: 3 - 4 years Minimum: 6 Maximum: 16

A combination dance class of tap, ballet and dance games for kids. This energetic and expressive class will have your Tiny Mover learning age-appropriate dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. This is the first 'big kids' class as parents watch from outside of the room. Great for boys and girls!

Saturdays 10:00 a.m. - 10:55 a.m.

7Weeks \$136

Dance to EvOLvE Staff

Session 1

January 13th - February 24, 2024

[110911]

Session 2

March 2 - April 13, 2024

[110912]

Registration Begins: 2/10/24



DANCE CLASS - STAR SHINERS TAP & BALLET

Ages: 4.5 - 6 years Minimum: 6 Maximum: 16

Keep your Star Shiner moving in this tap and ballet combo class. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique. Once a month, class will get switched up with a jazz dance day!

Saturdays 11:00 a.m. - 11:55 a.m.

7Weeks \$136

Dance to EvOLvE Staff

Session 1

January 13th - February 24, 2024

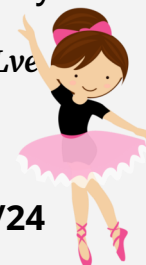
[110913]

Session 2

March 2 - April 13, 2024

[110914]

Registration Begins: 2/10/24



SAN DIEGO RHYTHMIC GYMNASTICS ACADEMY

Gymnastics - Rhythmic Ladybugs Cost: \$101

Ages: 3-10 y.o.

Minimum 5 Maximum 20

The goal for this class is to improve psycho-motor capacity of preschool age children through gymnastics and dance. Our program offers valuable educational activity, which compliments any young child's physique, development, self-esteem and performance skills! This program includes semi-annual performances.

Tuesday 4:00 - 5:00 p.m.

December 5-26 [110942] January 9- 30 [110943] February 6-27 [110944]

Saturday 9:00 - 10:00 am

December 9- 30 [110945] January 6- 27 [110946] February 3- 24 [110947]

Gymnastics - Rhythmic Butterflies Cost: \$141

Ages: 3-12 y.o.

Minimum 5 Maximum 20

Children will learn how to work with ribbon, ball, hoop, jumping rope, and clubs. Our program offers valuable educational activity which compliments any young child's physique, development, self-esteem and performance skills! This program includes semi- annual performances.

Saturday 9:00 - 11:00 am

December 9- 30 [110948] January 6- 27 [110949] February 3- 24 [110950]

Gymnastics - Rhythmic Dancing Dolls Cost: \$182

Ages: 4-15 y.o.

Minimum 5 Maximum 20

Children will learn how to work with ribbon, ball, hoop, jumping rope, and clubs. Our program offers valuable educational activity which compliments any young child's physique, development, self-esteem and performance skills! This program includes semi-annual performances.

Saturday 9:00 a.m. - 12:00 p.m.

December 9- 30 [110951] January 6- 27 [110952] February 3- 24 [110953]

Gymnastics - Rhythmic Gymnastics Advantages Cost: \$223

Ages: 5-15 y.o.

Minimum 5 Maximum 20

The goal for this class is to introduce young gymnasts to competitive environment. Most of the participant of this class should be able to compete at level 3 of Junior Olympic USA Gymnastics program. Participation in competitions is optional. This program includes semi-annual performances.

Tuesday 4:00—6:00 & Thursday 4:00—6:00 pm

December 5-28 [110954] January 4-30 [110955] February 1-27 [110956]

Gymnastics - Rhythmic Gymnastics is not easy! Team I Cost: \$282

Ages: 6-17 y.o.

Minimum 5 Maximum 20

This class is for competitive gymnasts only. Our team members participate in Invitational, State, Regional and National competitions. All the gymnasts must be registered as competitive athletes with USA Gymnastics organization.

Tuesday & Thursday 4:00 - 6:00 p.m. AND Saturday 9:00 a.m. - 11:00 p.m.

December 5-30 [110957] January 4-30 [110958] February 1-27 [110959]

Gymnastics - Rhythmic Gymnastics is not easy! Team II Cost: \$374

Ages: 6-17 y.o.

Minimum 5 Maximum 20

This class is for competitive gymnasts only. Our team members participate in Invitational, State, Regional and National competitions. All the gymnasts must be registered as competitive athletes with USA Gymnastics organization.

Tuesday & Thursday 4:00 - 7:00 p.m. AND Saturday 9:00 a.m. - 12:00 p.m.

December 5-30 [110960] January 4-30 [110961] February 1-27 [110962]

Rhythmic Youth

Cost: \$101.00

Ages: 15 - 50y.o.

Minimum 5 Maximum 20

The goal for this class is to learn Rhythmic Gymnastics skills and to improve general physical well-being for teenagers and young adults.

Saturday: 11:00 a.m. - 12:00 p.m.

December 9- 30 [111313] January 6- 27 [111314] February 3- 24 [111315]

NO CLASSES January 2nd, February 29th is the first day of March session



Instructor: Alla Zubkis / Phone: (619) 852-7439

Email: SDGYM2008@yahoo.com

Website: www.sandiegorhythmicgymnastics.com



ADULT PROGRAMS

Adult Table Games: Open Play

Ages: 18 — Older Adults

FREE

Come and enjoy open play table games. Meet new friends, And invite Friends you know to Play a game of Mahjong , Gin Rummy, Yahtzee. We provide the room and games, You bring the friends.

This is a City of San Diego run Program. Please Enroll with the City at www.SDRecConnect.com

Monday: 10:15 am–12:45pm

Cost: FREE

Code: **110915**

Full Session

TAI CHI - TAI CHI

Ages 21—Older Adults

FREE

Tai Chi for Arthritis is an evidence-based falls prevention program that utilizes the Sun style of Tai Chi. Movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and offer a variety of combinations. This program has been shown to improve movement, balance, strength, and flexibility; offer relaxation; and decrease pain and falls. This program is appropriate for adults with or without arthritis, rheumatic diseases or related musculoskeletal conditions, joint involvement and back pain, and those at a higher risk of falling. Program is offered by the County of San Diego at Nobel Athletic Fields and Recreation Center.

Tuesdays and Thursdays

Time: 9:30 a.m. – 10:30 a.m.

Cost: Free

Code: **110495**

Sep 19, 2023 – Dec 28, 2023

MAHJONGG AMERICAN



Ages: 18 — Older Adults

FREE

Mahjong is an enormously popular Chinese game of strategy, skill, and summation. It is an excellent game to play if you're looking to improve your memory skills! Feel free to participate the entire time, or drop in for an hour or two. This activity is geared toward all levels of Mahjong players. No instruction is provided. Nobel is seeking volunteers to help teach Mahjong to new players .

This is a City of San Diego run Program. Please Enroll with the City at www.SDRecConnect.com

Thursday 12:30 – 3:00 p.m.

Cost: Free

Code: **110917**

Full Session

AgeWell Dances

Dances are held on the 2nd and 4th Thursdays of the month at the Balboa Park Club Ballroom (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. There is a **\$5.00 charge at the door** which includes live entertainment, refreshments (pre-packed snacks) and prizes.



For more information, call 619-525-8247

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619)235-1132, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.

NORTH UNIVERSITY CITY LIBRARY

LIBRARY HOURS

(858) 581-9367

Monday: 11:30 a.m. - 8:00 p.m.
Tuesday: 11:30 a.m. - 8:00 p.m.
Wednesday: 9:30 a.m. - 6:00 p.m.
Thursday: 9:30 a.m. - 6:00 p.m.
Friday: 9:30 a.m. - 6:00 p.m.
Saturday: 9:30 a.m. - 6:00 p.m.
Sunday: 1:00p.m. - 5:00 p.m.

All Ages

Chess Club: Every Thursday at 3:30-5:30 p.m.
House of Ukraine Dance Performance: Saturday,
December 16 at 5-5:30 p.m.

Children's Programs

Baby/Toddler programs: Mondays at 11:45am-12:15pm.
Toddler Storytime: Wednesdays at 10-10:30 a.m.
Lego Club: Mondays at 6-7 pm

Adult Programs

Queendom: Tuesdays at 11:30 a.m.-2 p.m. Queendom is a program for Russian and Kazakh speaking women in San Diego that meet regularly to learn and grow together to encourage and support each other.

Friends of the North University Community Library Meeting:
2nd Tuesdays at 6-7 p.m



GENERAL WEEKDAY GYM OPEN GYM

*Visit website for schedule

<https://www.sandiego.gov/park-and-recreation/centers/recctr/nobel>

IMPORTANT COMMUNITY INFO

Swanson Pool (858) 552-1653 <https://www.sandiego.gov/pools/swanson-memorial-pool>

Standley Aquatic Center (619) 605-2170 <https://www.sandiego.gov/pools/standley-aquatic-center>

North UC Library (858) 581- 9637 <https://www.sandiego.gov/public-library/locations/north-university-community-library>

VOLO Sport & Social Club (858) 273-3485 <https://www.volosports.com/San-Diego>

Super Soccer Stars <https://soccerstars.com/ca/san-diego/>

Nomads Soccer <https://www.nomadssoccer.org/>

Blue Leash Dog Training <https://www.blueleash.com/>

Performance Dog Training <http://www.performancedogtraining.com/>

San Diego Kendo Bu <http://www.sdkendo.com/>

So Cal Adult Softball <http://register.socaladultsoftball.com/>



Upcoming Events @ Nearby Recreation Centers:

Doyle Recreation Center

8175 Regents Rd.
(858) 552-1612

<https://www.sandiego.gov/park-and-recreation/centers/recctr/doyle>

Call about Winter Events

Standley Recreation Center

3585 Governor Drive.
(858) 552-1652

<https://www.sandiego.gov/park-and-recreation/centers/recctr/standley>

Dinner with Santa
December 8th at 5:15 pm
Arts& Crafts 5:00pm

Come visit Santa on vacation in the islands!

Cookies with Santa?



Photos with Santa

Carnival Games

Cookies and Juice

The City of
SAN DIEGO

Nobel Rec. Center 8810 Judicial Drive
San Diego, CA 92122 (858) 552-1626

Wednesday
December 20, 2023
11:00am - 1:00p.m.

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at 619-235-1132, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.